

2023 Region 3D Swimming & Diving Championship - 2/6/2023 to 2/7/2023**Results****Event 1 Men 200 Yard Medley Relay**

Team	Relay	Seed Time	Finals Time
1 Cave Spring High School-VA 1) Robertson, Samuel SR	A 2) Allran, Colton SO	1:50.14 3) Votta, Robert JR	1:48.67 4) Radu, Sebastian JR
2 Hidden Valley High School-VA 1) Hagadorn, Caleb JR	A 2) Batista, Samuel SO	1:50.06 3) Baxley, Nathan SO	1:48.83 4) Lampkin, Gray JR
3 Carroll County High School-VA 1) Ogle, Wyatt FR	A 2) Dalton, Bradley FR	2:00.03 3) Perkins, Nicolas SR	1:52.58 4) Richardson, Ethan SO
4 William Byrd High School-VA 1) Kovacevic, Cole JR	A 2) Copening, Evan SO	1:52.42 3) Murtaugh, Colin P SR	1:52.69 4) Hoyos, Michael P JR
5 Abigndon High School-VA 1) Quigley, Ronan FR	A 2) Shu, Sam JR	2:03.92 3) Wolford, Alex SR	1:57.38 4) Parker, Jayden SO
6 Bassett High School-VA 1) Goad, Hunter SR	A 2) Goad, Nathan FR	2:18.34 3) Allen, Logan FR	2:15.71 4) Yates, Ethan SO
7 Christiansburg High School-VA 1) Wells, Dallas JR	A 2) Fleshman, Zach SR	2:21.51 3) Gallagher, Demetrius SO	2:31.34 4) Gallagher, Marcus SO

Event 2 Women 200 Yard Medley Relay

Team	Relay	Seed Time	Finals Time
1 Cave Spring High School-VA 1) Spurlock, Avery FR	A 2) Muzzy, Ava SR	1:52.47 3) Lusk, Zoey JR	1:53.05 4) McLaughlin, Delaney JR
2 Hidden Valley High School-VA 1) Hagadorn, Kaylee JR	A 2) Viar, Aliese SO	2:03.95 3) Carter, Emmi FR	2:00.97 4) Bobo, Sydney SR
3 Lord Botetourt High School-VA 1) Jones, Layne JR	A 2) Haggerty, Hattie SR	2:05.23 3) Mizuba, Hannah SO	2:05.04 4) Lisle, Taylor SR
4 Abigndon High School-VA 1) Smith, Maggie JR	A 2) Angelopoulou, Zoe SO	2:19.79 3) Brown, Wendy SR	2:06.31 4) Seymore, Ella JR
5 Christiansburg High School-VA 1) Taylor, Madison FR	A 2) Zeff, Viktoria FR	2:17.57 3) Durbin, Kathryn FR	2:09.45 4) Steiner, Madison FR
6 William Byrd High School-VA 1) Romeo, Gabrielle FR	A 2) Jones, Cary FR	2:09.32 3) Murtaugh, Lindsay E FR	2:15.55 4) Davis, Madelyn JR
7 Bassett High School-VA 1) Greer, Breanna JR	A 2) Cooley, Madeline FR	2:58.17 3) Whitlow, Emily FR	2:54.43 4) Lawson, Breanna SO
--- Carroll County High School-VA 1) Shupe, Ashley SR	A 2) Perkins, Sarah JR	2:40.00 3) Wheatley, Katelyn JR	DQ 4) Harris, Natalie SR

Event 3 Men 200 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time
1 Manieri, Jacob	SR	Christiansburg High School-VA	2:20.20	2:16.15
2 Hoyos, Michael P	JR	William Byrd High School-VA	2:14.01	2:16.89
3 Edwards, Ethan	SO	Carroll County High School-VA	2:21.18	2:17.13
4 Goad, Hunter	SR	Bassett High School-VA	2:23.31	2:21.07
5 Matthews, Jackson	SR	Cave Spring High School-VA	2:23.18	2:22.24
6 Schutt, Keith	FR	William Byrd High School-VA	2:42.51	2:34.58
7 Musick, Noah	FR	Abigndon High School-VA	2:46.65	2:38.08
8 Humphreys, Owen	FR	William Byrd High School-VA	2:41.00	2:40.65
9 Gallagher, Marcus	SO	Christiansburg High School-VA	2:43.38	2:43.83

Event 4 Women 200 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time
1 Jones, Layne	JR	Lord Botetourt High School-VA	2:00.14	1:55.06
2 Lusk, Zoey	JR	Cave Spring High School-VA	1:57.83	1:59.83
3 Sanford, Anna M	SO	Christiansburg High School-VA	2:02.33	2:02.70
4 Simkins, Elizabeth	JR	Cave Spring High School-VA	2:11.68	2:02.98
5 Murtaugh, Lindsay E	FR	William Byrd High School-VA	2:00.81	2:03.09

2023 Region 3D Swimming & Diving Championship - 2/6/2023 to 2/7/2023**Results****(Event 4 Women 200 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
6	Bolling, Evelyn	SR	Hidden Valley High School-VA	2:12.22	2:08.95
7	Becks, Jaeanah	FR	Hidden Valley High School-VA	2:17.66	2:16.79
8	Kinzie, Grace	SO	Hidden Valley High School-VA	2:37.98	2:34.15
9	Lisle, Taylor	SR	Lord Botetourt High School-VA	2:30.27	2:36.55
10	Parker, Julia	SR	Cave Spring High School-VA	2:40.35	2:39.09
11	Fay, Ashlyn	JR	Northside High School-VA	2:36.45	2:42.07
12	Perkins, Sarah	JR	Carroll County High School-VA	2:42.19	2:42.15
13	Wrenn, Leeanne	JR	Hidden Valley High School-VA	2:48.13	2:49.87
14	Graham, Katie	JR	Carroll County High School-VA	2:51.68	2:55.94
15	Manieri, Brooklynn	SO	Christiansburg High School-VA	2:50.61	2:58.00
16	Ricks, Hannah L	JR	Staunton River High School-VA	2:57.78	2:59.64
17	Haas, Julia R	SO	Staunton River High School-VA	3:04.72	3:01.94
18	Harris, Anna	SO	Lord Botetourt High School-VA	3:07.84	3:05.31
19	Kincer, Addi	FR	William Byrd High School-VA	3:04.15	3:05.78
20	Lacy, Christina	FR	Christiansburg High School-VA	3:15.12	3:07.71

Event 5 Men 200 Yard IM

	Name	Yr	School	Seed Time	Finals Time
1	Baxley, Nathan	SO	Hidden Valley High School-VA	2:12.24	2:11.24
2	Copening, Evan	SO	William Byrd High School-VA	2:18.72	2:18.20
3	Dalton, Bradley	FR	Carroll County High School-VA	2:22.23	2:23.83
4	Richardson, Blake E	SO	William Byrd High School-VA	2:39.64	2:36.98
5	Quigley, Ronan	FR	Abigndon High School-VA	2:38.45	2:41.40
6	Goad, Nathan	FR	Bassett High School-VA	2:38.51	2:44.41
7	Rozenboom, Johnathan	SO	William Byrd High School-VA	3:10.73	3:10.59

Event 6 Women 200 Yard IM

	Name	Yr	School	Seed Time	Finals Time
1	Muzzy, Ava	SR	Cave Spring High School-VA	2:14.34	2:07.96
2	Spurlock, Avery	FR	Cave Spring High School-VA	2:17.56	2:17.66
3	Angelopoulou, Zoe	SO	Abigndon High School-VA	2:23.83	2:25.30
4	Davis, Morgan	FR	Cave Spring High School-VA	2:27.39	2:26.65
5	Byrnes, Jia	FR	Hidden Valley High School-VA	2:27.61	2:29.86
6	Viar, Aliese	SO	Hidden Valley High School-VA	2:43.87	2:37.27
7	Frederickson, Sarah	SO	Lord Botetourt High School-VA	2:46.95	2:46.34
8	Brown, Kaitlyn	FR	Christiansburg High School-VA	2:45.26	2:49.11
9	Jones, Cary	FR	William Byrd High School-VA	2:57.95	2:56.26
---	Shupe, Ashley	SR	Carroll County High School-VA	3:20.42	DQ
---	Murray, Lauren	JR	Hidden Valley High School-VA	3:03.05	DQ

Event 7 Men 50 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Murtaugh, Colin P	SR	William Byrd High School-VA	22.24	22.62
2	Allran, Colton	SO	Cave Spring High School-VA	24.88	24.27
3	Grisso, Luke D	JR	Staunton River High School-VA	26.32	24.29
4	Radu, Sebastian	JR	Cave Spring High School-VA	24.57	24.68
5	Richardson, Ethan	SO	Carroll County High School-VA	25.39	24.75
6	Batista, Samuel	SO	Hidden Valley High School-VA	24.95	24.99
7	Rawlings, Grayson	SO	Christiansburg High School-VA	25.29	25.28
8	Lampkin, Gray	JR	Hidden Valley High School-VA	25.81	26.03
9	Garretson, Jeremiah	JR	Christiansburg High School-VA	25.84	26.26
10	Rhodes, Nate	SO	Cave Spring High School-VA	25.96	26.49

2023 Region 3D Swimming & Diving Championship - 2/6/2023 to 2/7/2023**Results****(Event 7 Men 50 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
11	Allen, Logan	FR	Bassett High School-VA	27.86	27.68
12	Bolling, Lucas	JR	Northside High School-VA	27.00	27.86
13	DeMelo, Bruno	FR	William Byrd High School-VA	28.27	27.97
14	Gallagher, Demetrius	SO	Christiansburg High School-VA	28.56	29.63
15	DeHaven, Camden	FR	Carroll County High School-VA	28.52	29.94
16	Fleshman, Zach	SR	Christiansburg High School-VA	30.80	30.13
17	Holdren, Landon C	SO	Staunton River High School-VA	29.51	30.69
18	Patel, Amar	JR	Hidden Valley High School-VA	31.61	30.81
19	Lee, Matthew	SO	Lord Botetourt High School-VA	30.53	32.29
20	Yates, Ethan	SO	Bassett High School-VA	31.16	32.34
21	Musick, Noah	FR	Abigndon High School-VA	32.54	32.57
22	Duffy, Connor	SR	Northside High School-VA	31.43	32.64
23	Taylor, Andrew	FR	Carroll County High School-VA	35.98	34.43
24	Carter, Dakota	SO	MagnaVista High School-VA	34.71	36.00
25	Furooq, Abdullah	FR	MagnaVista High School-VA	35.15	37.54
26	Nolan, Kaydon	FR	Northside High School-VA	36.34	44.90

Event 8 Women 50 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Mizuba, Hannah	SO	Lord Botetourt High School-VA	24.90	25.02
2	Sylvester'Johnson, Jillian	FR	Cave Spring High School-VA	25.83	25.56
3	Jones, Shelby L	SO	Christiansburg High School-VA	25.79	26.06
4	Carter, Emmi	FR	Hidden Valley High School-VA	27.60	26.68
5	Tatum, Ashley	SR	Hidden Valley High School-VA	27.39	26.92
6	Chandler, Silvie	SR	Hidden Valley High School-VA	28.82	28.62
7	Thompson, Maya	FR	Cave Spring High School-VA	29.05	29.21
8	Steiner, Madison	FR	Christiansburg High School-VA	29.99	29.76
9	Deavers, Mearah	FR	Cave Spring High School-VA	29.58	31.40
10	Coley, Kaitlyn F	SO	Staunton River High School-VA	32.44	32.20
11	Johnston, Ella	JR	Lord Botetourt High School-VA	33.22	33.12
12	Harris, Natalie	SR	Carroll County High School-VA	32.48	33.51
13	Barker, Karli	SO	MagnaVista High School-VA	32.37	33.62
14	Underwood, Camille	SO	MagnaVista High School-VA	33.58	33.66
15	Davis, Madelyn	JR	William Byrd High School-VA	33.87	34.07
16	Smith, Karmen	SO	Carroll County High School-VA	33.44	34.15
17	Motley, Chandler	FR	MagnaVista High School-VA	33.04	34.18
18	Bedwell, Melanie	SO	Abigndon High School-VA	36.68	34.58
19	Goad, Amanda	SR	Bassett High School-VA	36.77	34.83
20	Meleason, Alexandra B	FR	Staunton River High School-VA	34.95	34.88
21	Yearsley, McKenna	SO	Cave Spring High School-VA	34.26	35.57
22	Amos, Nicole	JR	Christiansburg High School-VA	36.72	36.58
23	Taylor, Josie	FR	William Byrd High School-VA	36.19	36.69
24	Coleman, Claire	JR	MagnaVista High School-VA	38.37	37.28
25	Ferguson, Callie	SR	Bassett High School-VA	37.05	37.60
26	Evans, Alexis	JR	Northside High School-VA	35.44	38.72
27	Ochoa Frausto, Michelle	JR	Northside High School-VA	41.33	39.47
28	Barr, Elizabeth	JR	Carroll County High School-VA	40.93	40.27
29	Corey, Grace	FR	Lord Botetourt High School-VA	39.89	40.83
30	Campbell, Sarah	FR	Bassett High School-VA	42.45	41.57
31	Greer, Breanna	JR	Bassett High School-VA	41.46	41.93
32	Etheridge, Skylar	SO	Northside High School-VA	43.42	42.72
33	Hale, Kaylee	FR	Lord Botetourt High School-VA	45.44	44.57

2023 Region 3D Swimming & Diving Championship - 2/6/2023 to 2/7/2023

Results

(Event 8 Women 50 Yard Freestyle)

	Name	Yr	School	Seed Time	Finals Time
34	Huckel, Danica	FR	Abigndon High School-VA	44.34	44.65
35	Glander, Virginia	FR	Christiansburg High School-VA	50.87	47.16
---	Bobo, Sydney	SR	Hidden Valley High School-VA	27.45	DQ

Event 9 Men 1 mtr Diving

	Name	Yr	School		Finals Score
1	Rawlings, Luke	FR	Christiansburg High School-VA	341.20	373.90
2	Baker, Ren	SO	Abigndon High School-VA	NP	294.70
---	Boltwood, Lanson	JR	Abigndon High School-VA	NP	DQ

Event 10 Women 1 mtr Diving

	Name	Yr	School		Finals Score
1	Wilson, Teaghan	SR	Christiansburg High School-VA	337.95	357.10
2	Sullivan, Jettie	SR	Abigndon High School-VA	NP	311.30
3	Stroup, Leyla	JR	Abigndon High School-VA	NP	222.60
4	Byrnes, Jia	FR	Hidden Valley High School-VA	NP	220.90
5	Keene, Summer	SO	Abigndon High School-VA	NP	210.25

Event 11 Men 100 Yard Butterfly

	Name	Yr	School	Seed Time	Finals Time
1	Votta, Robert	JR	Cave Spring High School-VA	51.12	52.62
2	Hagadorn, Caleb	JR	Hidden Valley High School-VA	53.94	53.75
3	Perkins, Nicolas	SR	Carroll County High School-VA	58.91	55.34
4	Wolford, Alex	SR	Abigndon High School-VA	1:02.30	58.19
5	Baxley, Nathan	SO	Hidden Valley High School-VA	57.80	1:00.08
6	Kovacevic, Cole	JR	William Byrd High School-VA	1:03.03	1:02.69
7	Lampkin, Gray	JR	Hidden Valley High School-VA	1:07.81	1:08.17
8	Edwards, Ethan	SO	Carroll County High School-VA	1:09.30	1:10.28
9	Richardson, Blake E	SO	William Byrd High School-VA	1:07.65	1:11.79
---	Allen, Logan	FR	Bassett High School-VA	1:14.44	DQ

Event 12 Women 100 Yard Butterfly

	Name	Yr	School	Seed Time	Finals Time
1	Lusk, Zoey	JR	Cave Spring High School-VA	59.50	1:00.24
2	McLaughlin, Delaney	JR	Cave Spring High School-VA	1:04.25	1:04.72
3	Carter, Emmi	FR	Hidden Valley High School-VA	1:06.27	1:04.92
4	Durbin, Kathryn	FR	Christiansburg High School-VA	1:06.78	1:07.66
5	Romeo, Gabrielle	FR	William Byrd High School-VA	1:10.11	1:10.01
6	Hagadorn, Kaylee	JR	Hidden Valley High School-VA	1:12.47	1:10.64
---	Hairston-France, Myssia		MagnaVista High School-VA	1:25.36	DQ
---	Johnson, Natasha	SO	Hidden Valley High School-VA	1:44.10	DQ

Event 13 Men 100 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Murtaugh, Colin P	SR	William Byrd High School-VA	54.42	51.26
2	Radu, Sebastian	JR	Cave Spring High School-VA	55.78	56.98
3	Ogle, Wyatt	FR	Carroll County High School-VA	58.74	57.60
4	Richardson, Ethan	SO	Carroll County High School-VA	1:03.38	59.06
5	Manieri, Jacob	SR	Christiansburg High School-VA	59.38	59.25
6	Rawlings, Grayson	SO	Christiansburg High School-VA	1:01.29	1:01.32
7	Garretson, Jeremiah	JR	Christiansburg High School-VA	1:02.34	1:02.18
8	Robertson, Samuel	SR	Cave Spring High School-VA	1:03.32	1:03.17
9	DeMelo, Bruno	FR	William Byrd High School-VA	1:06.87	1:04.28

2023 Region 3D Swimming & Diving Championship - 2/6/2023 to 2/7/2023**Results****(Event 13 Men 100 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
10	McGrady, Jon	SR	Carroll County High School-VA	1:05.08	1:04.91
11	Matthews, Jackson	SR	Cave Spring High School-VA	1:03.14	1:07.80
12	Holdren, Landon C	SO	Staunton River High School-VA	1:08.97	1:09.77
13	Patel, Amar	JR	Hidden Valley High School-VA	1:15.00	1:12.27
14	Wells, Dallas	JR	Christiansburg High School-VA	1:13.94	1:12.38
15	Rhodes, Thomas	SR	Cave Spring High School-VA	1:14.16	1:12.88
16	Yates, Ethan	SO	Bassett High School-VA	1:14.22	1:15.72
---	Nolan, Kaydon	FR	Northside High School-VA	1:30.09	DQ

Event 14 Women 100 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Mizuba, Hannah	SO	Lord Botetourt High School-VA	53.80	54.08
2	Murtaugh, Lindsay E	FR	William Byrd High School-VA	57.15	57.24
3	Spurlock, Avery	FR	Cave Spring High School-VA	57.36	57.49
4	Jones, Shelby L	SO	Christiansburg High School-VA	57.21	58.14
5	Tatum, Ashley	SR	Hidden Valley High School-VA	1:00.33	58.74
6	Conforti, Sophia	SO	Hidden Valley High School-VA	1:01.04	1:00.00
7	Bobo, Sydney	SR	Hidden Valley High School-VA	1:02.58	1:00.12
8	Wohlford, Emma	SO	Cave Spring High School-VA	1:07.32	1:02.16
9	Smith, Maggie	JR	Abigndon High School-VA	1:04.77	1:02.90
10	Nicely, Olivia	FR	Lord Botetourt High School-VA	1:03.79	1:03.05
11	Steiner, Madison	FR	Christiansburg High School-VA	1:06.94	1:05.41
12	Thompson, Maya	FR	Cave Spring High School-VA	1:06.73	1:06.54
13	Alfano, Grayson	SO	Lord Botetourt High School-VA	1:07.19	1:07.30
14	Kinzie, Grace	SO	Hidden Valley High School-VA	1:09.66	1:09.12
15	Wheatley, Katelyn	JR	Carroll County High School-VA	1:13.31	1:13.28
16	Holt, Jillian	SR	Cave Spring High School-VA	1:12.12	1:13.80
17	Whitlow, Emily	FR	Bassett High School-VA	1:13.69	1:15.26
18	Meleason, Alexandra B	FR	Staunton River High School-VA	1:25.02	1:17.12
19	Underwood, Camille	SO	MagnaVista High School-VA	1:19.91	1:18.80
20	Smith, Karmen	SO	Carroll County High School-VA	1:18.62	1:19.64
21	Graham, Katie	JR	Carroll County High School-VA	1:16.57	1:19.70
22	Dempsey, Molly	JR	Christiansburg High School-VA	1:18.84	1:19.96
23	Bedwell, Melanie	SO	Abigndon High School-VA	1:20.35	1:20.23
24	Davis, Madelyn	JR	William Byrd High School-VA	1:22.62	1:20.80
25	Lawson, Breanna	SO	Bassett High School-VA	1:21.66	1:22.31
26	DeMelo, Bianca	JR	William Byrd High School-VA	1:24.11	1:23.92
27	Coleman, Claire	JR	MagnaVista High School-VA	1:21.71	1:24.46
28	Martin, Myah M	JR	Staunton River High School-VA	1:18.91	1:25.08
29	Lacy, Christina	FR	Christiansburg High School-VA	1:27.28	1:27.04
30	Kirby, Caroline	SO	MagnaVista High School-VA	1:24.34	1:29.49
31	Ferguson, Callie	SR	Bassett High School-VA	1:33.51	1:31.51
32	Ochoa Frausto, Michelle	JR	Northside High School-VA	1:48.45	1:32.48
33	Cooley, Madeline	FR	Bassett High School-VA	1:25.48	1:32.91
34	Etheridge, Skylar	SO	Northside High School-VA	1:36.65	1:35.13
35	Huckel, Danica	FR	Abigndon High School-VA	1:40.23	1:41.19
---	Corey, Grace	FR	Lord Botetourt High School-VA	1:38.85	DQ

Event 15 Men 500 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Votta, Robert	JR	Cave Spring High School-VA	4:53.83	5:22.08
2	Dalton, Bradley	FR	Carroll County High School-VA	5:47.09	5:42.51

2023 Region 3D Swimming & Diving Championship - 2/6/2023 to 2/7/2023**Results****(Event 15 Men 500 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time
3 Hoyos, Michael P	JR	William Byrd High School-VA	6:18.92	6:25.63
4 Gallagher, Demetrius	SO	Christiansburg High School-VA	7:03.83	7:04.75
5 Rozenboom, Johnathan	SO	William Byrd High School-VA	7:40.97	7:25.24

Event 16 Women 500 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time
1 Sanford, Anna M	SO	Christiansburg High School-VA	5:34.68	5:23.70
2 Simkins, Elizabeth	JR	Cave Spring High School-VA	5:43.03	5:42.53
3 Davis, Morgan	FR	Cave Spring High School-VA	5:56.65	5:51.18
4 Kadela, Ann Elise	SO	Hidden Valley High School-VA	6:07.19	6:03.15
5 Becks, Jaeanah	FR	Hidden Valley High School-VA	6:33.20	6:11.95
6 Romeo, Gabrielle	FR	William Byrd High School-VA	6:40.47	6:38.78
7 Lisle, Taylor	SR	Lord Botetourt High School-VA	6:49.45	7:11.08
8 Fay, Ashlyn	JR	Northside High School-VA	7:22.36	7:21.94
9 Murray, Lauren	JR	Hidden Valley High School-VA	7:07.34	7:24.22
10 Wrenn, Leeanne	JR	Hidden Valley High School-VA	7:36.87	7:33.33
11 Taylor, Madison	FR	Christiansburg High School-VA	7:23.51	7:45.16
12 Sanchez, Isabella	JR	Lord Botetourt High School-VA	8:09.16	8:12.81

Event 17 Men 200 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 Hidden Valley High School-VA	A	1:39.63	1:39.22
1) Lampkin, Gray JR	2) Batista, Samuel SO	3) Baxley, Nathan SO	4) Hagadorn, Caleb JR
2 William Byrd High School-VA	A	1:58.21	1:40.37
1) Kovacevic, Cole JR	2) Copening, Evan SO	3) Hoyos, Michael P JR	4) Murtaugh, Colin P SR
3 Carroll County High School-VA	A	1:43.73	1:41.67
1) Richardson, Ethan SO	2) Ogle, Wyatt FR	3) Dalton, Bradley FR	4) Perkins, Nicolas SR
4 Abigndon High School-VA	A	1:46.42	1:45.35
1) Quigley, Ronan FR	2) Parker, Jayden SO	3) Snead, Bryan JR	4) Wolford, Alex SR
5 Christiansburg High School-VA	A	1:46.30	1:47.89
1) Garretson, Jeremiah JR	2) Gallagher, Demetrius SO	3) Manieri, Jacob SR	4) Rawlings, Grayson SO
--- Cave Spring High School-VA	A	1:38.88	DQ
1) Radu, Sebastian JR	2) Allran, Colton SO	3) Rhodes, Nate SO	4) Votta, Robert JR

Event 18 Women 200 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 Cave Spring High School-VA	A	1:43.75	1:44.37
1) Spurlock, Avery FR	2) Lusk, Zoey JR	3) McLaughlin, Delaney JR	4) Muzzy, Ava SR
2 Hidden Valley High School-VA	A	1:51.13	1:47.64
1) Conforti, Sophia SO	2) Tatum, Ashley SR	3) Bolling, Evelyn SR	4) Bobo, Sydney SR
3 Christiansburg High School-VA	A	1:50.55	1:50.96
1) Jones, Shelby L SO	2) Sanford, Anna M SO	3) Brown, Kaitlyn FR	4) Durbin, Kathryn FR
4 Lord Botetourt High School-VA	A	2:01.35	2:00.95
1) Alfano, Grayson SO	2) Frederickson, Sarah SO	3) Lisle, Taylor SR	4) Nicely, Olivia FR
5 William Byrd High School-VA	A	1:59.27	2:02.55
1) Jones, Cary FR	2) Romeo, Gabrielle FR	3) Davis, Madelyn JR	4) Murtaugh, Lindsay E FR
6 MagnaVista High School-VA	A	2:27.48	2:14.20
1) Barker, Karli SO	2) Underwood, Camille SO	3) Motley, Chandler FR	4) Hairston-France, Myssia
7 Carroll County High School-VA	A	2:15.58	2:19.61
1) Smith, Karmen SO	2) Graham, Katie JR	3) Shupe, Ashley SR	4) Harris, Natalie SR
8 Bassett High School-VA	A	2:18.64	2:29.07
1) Ferguson, Callie SR	2) Goad, Amanda SR	3) Greer, Breanna JR	4) Lawson, Breanna SO
9 Northside High School-VA	A	2:21.27	2:35.05
1) Columbie-Perez, Susana SR	2) Evans, Alexis JR	3) Etheridge, Skylar SO	4) Fay, Ashlyn JR

2023 Region 3D Swimming & Diving Championship - 2/6/2023 to 2/7/2023**Results****(Event 18 Women 200 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time
--- Abigndon High School-VA	A	1:56.88	DQ
1) Angelopoulou, Zoe SO	2) Seymore, Ella JR	3) Wang, Hui Ling SR	4) Smith, Maggie JR

Event 19 Men 100 Yard Backstroke

Name	Yr	School	Seed Time	Finals Time
1 Hagadorn, Caleb	JR	Hidden Valley High School-VA	54.15	1:00.56
2 Ogle, Wyatt	FR	Carroll County High School-VA	1:07.24	1:08.13
3 Kovacevic, Cole	JR	William Byrd High School-VA	1:07.16	1:08.27
4 Goad, Hunter	SR	Bassett High School-VA	1:12.43	1:10.83
5 Robertson, Samuel	SR	Cave Spring High School-VA	1:11.26	1:11.58
6 McGrady, Jon	SR	Carroll County High School-VA	1:16.41	1:12.78
7 Gallagher, Marcus	SO	Christiansburg High School-VA	1:19.51	1:15.01
8 Duffy, Connor	SR	Northside High School-VA	1:30.67	1:23.90
9 Humphreys, Owen	FR	William Byrd High School-VA	1:34.93	1:33.92
10 Wells, Dallas	JR	Christiansburg High School-VA	1:27.62	1:37.40

Event 20 Women 100 Yard Backstroke

Name	Yr	School	Seed Time	Finals Time
1 Jones, Layne	JR	Lord Botetourt High School-VA	59.96	58.29
2 Sylvester'Johnson, Jillian	FR	Cave Spring High School-VA	1:04.97	1:03.42
3 Angelopoulou, Zoe	SO	Abigndon High School-VA	1:03.59	1:03.69
4 Kadela, Ann Elise	SO	Hidden Valley High School-VA	1:06.01	1:04.35
5 Bolling, Evelyn	SR	Hidden Valley High School-VA	1:08.05	1:04.62
6 McLaughlin, Delaney	JR	Cave Spring High School-VA	1:06.73	1:05.32
7 Hagadorn, Kaylee	JR	Hidden Valley High School-VA	1:11.04	1:09.03
8 Chandler, Silvie	SR	Hidden Valley High School-VA	1:19.74	1:17.19
9 Frederickson, Sarah	SO	Lord Botetourt High School-VA	1:18.72	1:18.61
10 Parker, Julia	SR	Cave Spring High School-VA	1:26.70	1:24.79
11 Wheatley, Katelyn	JR	Carroll County High School-VA	1:25.02	1:25.34
12 Taylor, Madison	FR	Christiansburg High School-VA	1:22.99	1:26.22
13 Amos, Nicole	JR	Christiansburg High School-VA	1:24.79	1:26.55
14 Deavers, Mearah	FR	Cave Spring High School-VA	1:25.50	1:27.33
15 Alfano, Grayson	SO	Lord Botetourt High School-VA	1:25.19	1:27.60
16 Whitlow, Emily	FR	Bassett High School-VA	1:29.69	1:27.75
17 Shupe, Ashley	SR	Carroll County High School-VA	1:34.74	1:35.54
18 Kiser, Emily G	SR	Staunton River High School-VA	1:34.93	1:36.32
19 Barr, Elizabeth	JR	Carroll County High School-VA	1:38.47	1:39.17
20 Taylor, Josie	FR	William Byrd High School-VA	1:49.56	1:42.76
21 Tran, Jennifer	SR	Northside High School-VA	1:47.54	1:46.91
22 Hale, Kaylee	FR	Lord Botetourt High School-VA	1:44.43	1:51.69
23 Evans, Alexis	JR	Northside High School-VA	1:54.34	1:51.74
24 Greer, Breanna	JR	Bassett High School-VA	1:51.23	1:52.62
25 Glander, Virginia	FR	Christiansburg High School-VA	2:12.51	2:12.18

Event 21 Men 100 Yard Breaststroke

Name	Yr	School	Seed Time	Finals Time
1 Allran, Colton	SO	Cave Spring High School-VA	1:05.81	1:05.72
2 Perkins, Nicolas	SR	Carroll County High School-VA	1:08.97	1:07.15
3 Copening, Evan	SO	William Byrd High School-VA	1:12.73	1:11.09
4 Grisso, Luke D	JR	Staunton River High School-VA	1:14.93	1:11.85
5 Batista, Samuel	SO	Hidden Valley High School-VA	1:14.71	1:13.56
6 Shu, Sam	JR	Abigndon High School-VA	1:24.74	1:19.90

2023 Region 3D Swimming & Diving Championship - 2/6/2023 to 2/7/2023**Results****(Event 21 Men 100 Yard Breaststroke)**

	Name	Yr	School	Seed Time	Finals Time
7	Goad, Nathan	FR	Bassett High School-VA	1:17.55	1:21.54
8	Rhodes, Thomas	SR	Cave Spring High School-VA	1:26.32	1:27.26
9	DeHaven, Camden	FR	Carroll County High School-VA	1:25.80	1:27.92
10	Schutt, Keith	FR	William Byrd High School-VA	1:27.57	1:27.99
11	Bolling, Lucas	JR	Northside High School-VA	1:27.04	1:29.49
12	Lee, Matthew	SO	Lord Botetourt High School-VA	1:35.44	1:36.41
13	Fleshman, Zach	SR	Christiansburg High School-VA	1:35.97	1:43.00
14	Taylor, Andrew	FR	Carroll County High School-VA	1:48.33	1:51.01

Event 22 Women 100 Yard Breaststroke

	Name	Yr	School	Seed Time	Finals Time
1	Muzzy, Ava	SR	Cave Spring High School-VA	1:08.51	1:07.90
2	Zeff, Viktoria	FR	Christiansburg High School-VA	1:15.93	1:15.61
3	Conforti, Sophia	SO	Hidden Valley High School-VA	1:18.92	1:16.92
4	Wohlford, Emma	SO	Cave Spring High School-VA	1:17.51	1:18.56
5	Viar, Aliese	SO	Hidden Valley High School-VA	1:23.03	1:19.44
6	Haggerty, Hattie	SR	Lord Botetourt High School-VA	1:27.46	1:27.30
7	Brown, Kaitlyn	FR	Christiansburg High School-VA	1:27.86	1:31.23
8	Jones, Cary	FR	William Byrd High School-VA	1:29.88	1:31.24
9	Harris, Anna	SO	Lord Botetourt High School-VA	1:30.32	1:32.76
10	Nguyen, Kathy	JR	Hidden Valley High School-VA	1:34.57	1:34.15
11	Dempsey, Molly	JR	Christiansburg High School-VA	1:45.03	1:38.09
12	Holland, Ellyott	SO	Cave Spring High School-VA	1:38.12	1:38.44
13	Manieri, Brooklynn	SO	Christiansburg High School-VA	1:35.43	1:38.92
14	Lemons, Kemileigh	FR	Hidden Valley High School-VA	1:34.69	1:39.67
15	Holt, Jillian	SR	Cave Spring High School-VA	1:38.87	1:40.54
16	Kincer, Addi	FR	William Byrd High School-VA	1:40.75	1:42.09
17	Sanchez, Isabella	JR	Lord Botetourt High School-VA	1:40.51	1:43.17
18	Harris, Natalie	SR	Carroll County High School-VA	1:45.63	1:44.37
19	Hairston-France, Myssia		MagnaVista High School-VA	1:32.26	1:45.97
20	Campbell, Sarah	FR	Bassett High School-VA	1:57.43	1:46.17
21	Johnston, Ella	JR	Lord Botetourt High School-VA	1:42.18	1:46.50
22	Perkins, Sarah	JR	Carroll County High School-VA	1:44.41	1:52.45
23	Goad, Amanda	SR	Bassett High School-VA	2:00.70	1:52.80
24	DeMelo, Bianca	JR	William Byrd High School-VA	1:49.45	1:54.17
25	Columbie-Perez, Susana	SR	Northside High School-VA	1:47.31	1:58.05
26	Cooley, Madeline	FR	Bassett High School-VA	2:07.36	2:03.66

Event 23 Men 400 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Abigndon High School-VA	A	4:13.84	4:01.28
	1) Hilt, Brody JR	2) Quigley, Ronan FR	3) Parker, Jayden SO	4) Wolford, Alex SR
2	Christiansburg High School-VA	A	4:15.19	4:17.74
	1) Garretson, Jeremiah JR	2) Manieri, Jacob SR	3) Rawlings, Grayson SO	4) Fleshman, Zach SR
3	William Byrd High School-VA	A	3:51.76	4:38.25
	1) DeMelo, Bruno FR	2) Rozenboom, Johnathan SO	3) Humphreys, Owen FR	4) Richardson, Blake E SO
4	Carroll County High School-VA	A	4:41.85	4:41.44
	1) McGrady, Jon SR	2) Berrier, Britt SO	3) DeHaven, Camden FR	4) Edwards, Ethan SO

Event 24 Women 400 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Hidden Valley High School-VA	A	4:09.15	3:58.06
	1) Carter, Emmi FR	2) Tatum, Ashley SR	3) Bolling, Evelyn SR	4) Conforti, Sophia SO

2023 Region 3D Swimming & Diving Championship - 2/6/2023 to 2/7/2023**Results****(Event 24 Women 400 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time
2 Lord Botetourt High School-VA	A	3:58.34	3:59.00
1) Frederickson, Sarah SO	2) Jones, Layne JR	3) Nicely, Olivia FR	4) Mizuba, Hannah SO
3 Christiansburg High School-VA	A	4:03.23	3:59.14
1) Jones, Shelby L SO	2) Steiner, Madison FR	3) Sanford, Anna M SO	4) Durbin, Kathryn FR
4 Cave Spring High School-VA	A	3:51.76	4:00.78
1) Davis, Morgan FR	2) Simkins, Elizabeth JR	3) Wohlford, Emma SO	4) Sylvester'Johnson, Jillian FR
5 Abigndon High School-VA	A	4:49.00	4:41.02
1) Brown, Wendy SR	2) Seymore, Ella JR	3) Bedwell, Melanie SO	4) Smith, Maggie JR
6 Carroll County High School-VA	A	5:37.69	5:06.71
1) Perkins, Sarah JR	2) Smith, Karmen SO	3) Graham, Katie JR	4) Wheatley, Katelyn JR
7 Staunton River High School-VA	A	5:26.77	5:25.74
1) Meleason, Alexandra B FR	2) Haas, Julia R SO	3) Martin, Myah M JR	4) Coley, Kaitlyn F SO